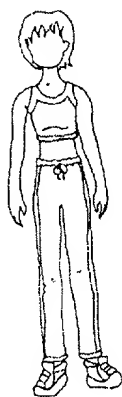
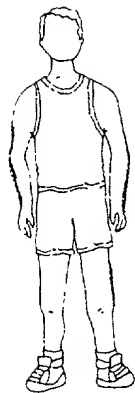


Hourglass  
Fig 1a

Spoon  
Fig 1b



Ruler  
Fig 1c

Cone  
Fig 1d

**Figure 2a**

<b>FITNESS GOAL (LEVEL)</b>	<b>FREQUENCY (Days per week)</b>	<b>DURATION (how long of a period)</b>	<b>INTENSITY (how hard you're working/THR)</b>	<b>TYPE (Aerobic/ Anaerobic % of time)</b>
<b>Weight Loss (For Sedentary Individual)</b>	<b>4-6 days per week</b>	<b>30-45 minutes</b>	<b>Low (THR 50%-60%)</b>	90% aerobic 10% anaerobic first 3 months 80% aerobic 20% anaerobic (after 3 months)
<b>Toning (For Sedentary Individual)</b>	<b>2-3 days per week</b>	<b>25-40 minutes</b>	<b>Low (THR 55%-70%)</b>	60% aerobic 40% anaerobic first 3 months 50% aerobic 50% anaerobic (after 3 months)
<b>Weight Loss (For Active/ Semi-Fit)</b>	<b>4-6 days per week</b>	<b>40-60 minutes</b>	<b>Moderate (THR 60%-75%)</b>	80% aerobic 20% anaerobic first 3 months 70% aerobic 30% anaerobic after 3 months
<b>Toning (For Active/Semi Fit)</b>	<b>2-4 days per week</b>	<b>30-45 minutes</b>	<b>Moderate (THR 65%-80%)</b>	50% aerobic 50% anaerobic first 3 months 60% aerobic 40% anaerobic after 3 months
<b>Weight Loss (For Very Active/Very Fit)</b>	<b>4-6 days per week</b>	<b>60-75 minutes</b>	<b>High (THR 75%-90%)</b>	70% aerobic 30% anaerobic first 3 months 60% aerobic 40% anaerobic after 3 months
<b>Toning (For Very Active/Very Fit)</b>	<b>3-4 days per week</b>	<b>60-75 minutes</b>	<b>High (THR 80-95%)</b>	40% aerobic 60% anaerobic first 3 months 30% aerobic 70% anaerobic after 3 months

## **Figure 2b**

### **Body Type & Aerobic Exercise Chart**

Equipment	SPOON®	HOURLASS®	RULER®	CONE®
Stationary Bike	* Use light tension/ high RPMs.	* Use light tension/ high RPMs.	● Use tension	● Use tension
Treadmill	* Fast walking with no incline is Okay. Never use an incline.	* Fast walking or running with no incline is Okay. Never use an incline.	* Use an incline to walk or run.	* Use an incline to walk or run.
Stair Climber	NR	NR	●	●
Rower	●	* Use light resistance.	●	* Use light resistance.
Ski Machine	* Use light resistance for lower body, high resistance for upper body.	* Use light resistance for lower body and upper body.	* Use resistance for upper and lower body.	* Use high resistance for lower body, light resistance for upper body.
Aerobic Rider (i.e.: HealthRider®)	* Use light resistance.	* Use light resistance.	●	* Use light resistance.
Jump Rope	●	●	* May use weighted Jump Rope.	●
Spinning Elliptical Stair climbers Versa climbers Step	NR	NR	● Use resistance	* Use resistance for lower body. Do not use hand weights or resistance for upper body

NR = Not recommended for this body type

● = Yes

\* = Yes, with specific instructions

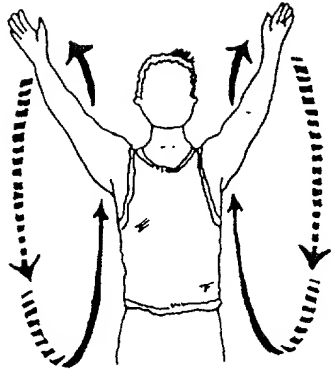


Fig. 3

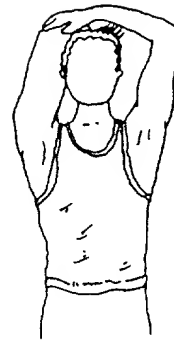


Fig. 4

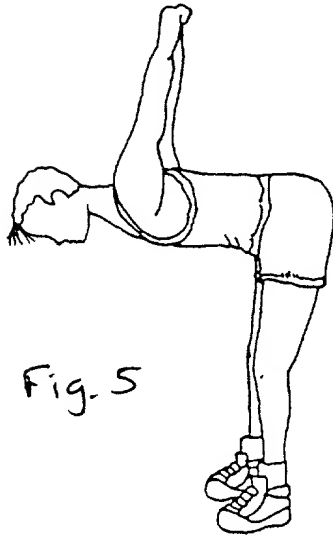


Fig. 5

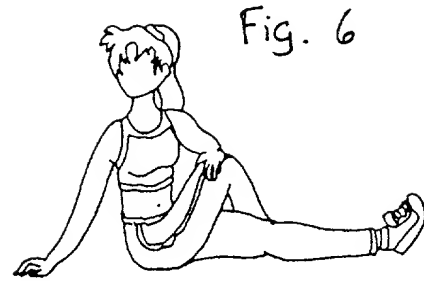


Fig. 6

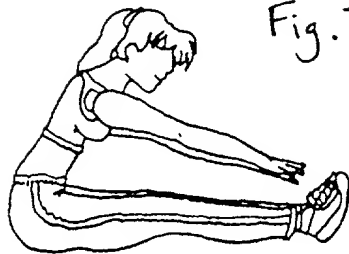


Fig. 7

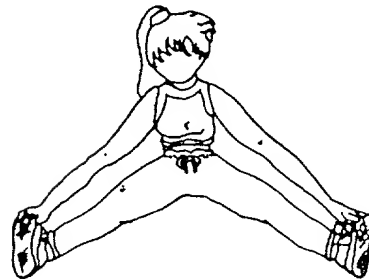


Fig. 8



Fig. 9

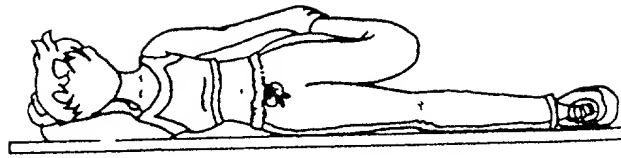


Fig. 10

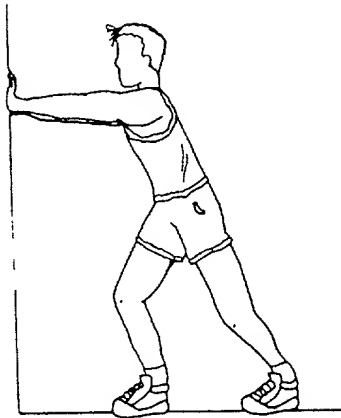


Fig. 11

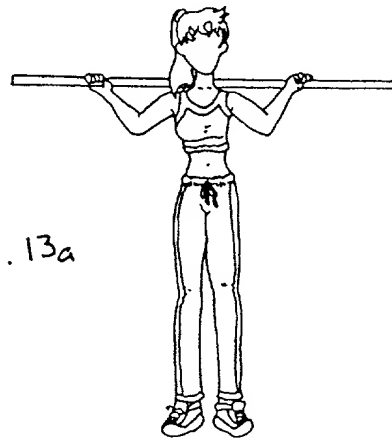


Fig. 13a

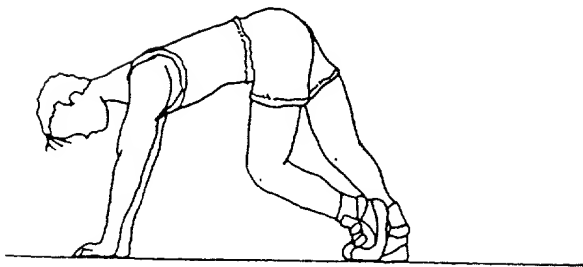


Fig 12

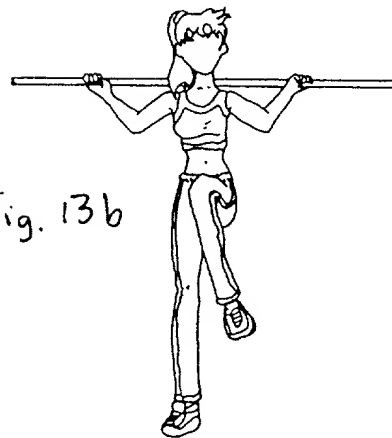


Fig. 13b

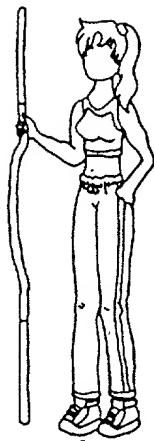


Fig. 14a

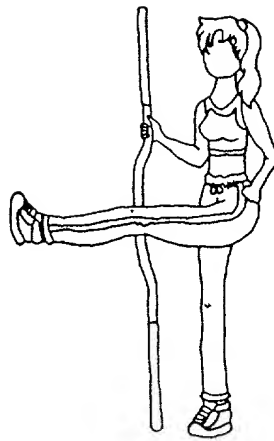


Fig. 14b

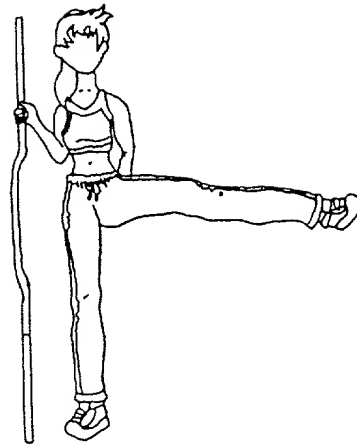


Fig. 14c

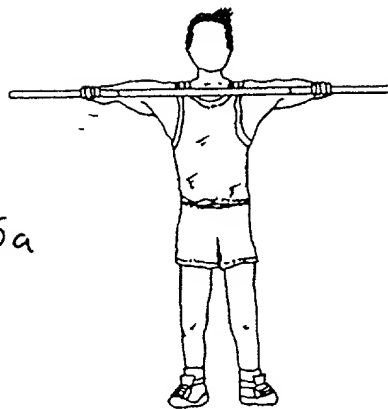


Fig. 15a

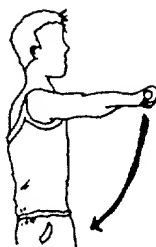


Fig 15b



Fig. 15c



Fig. 15d

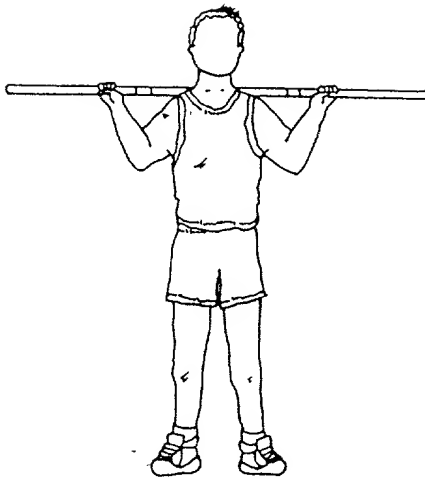


Fig. 16a

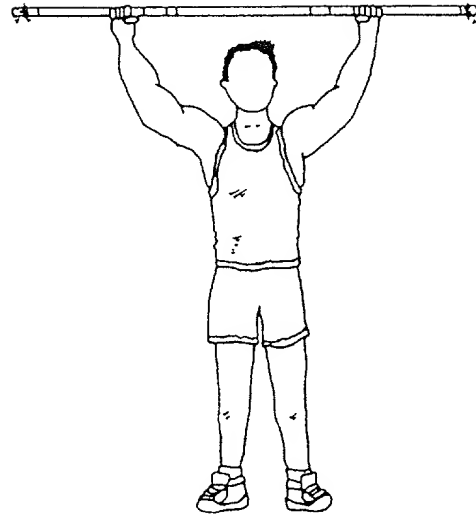


Fig. 16b

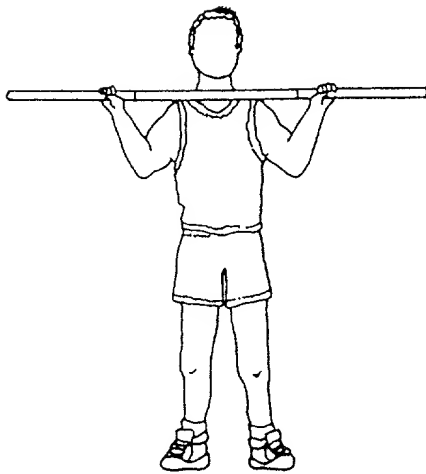


Fig. 17a

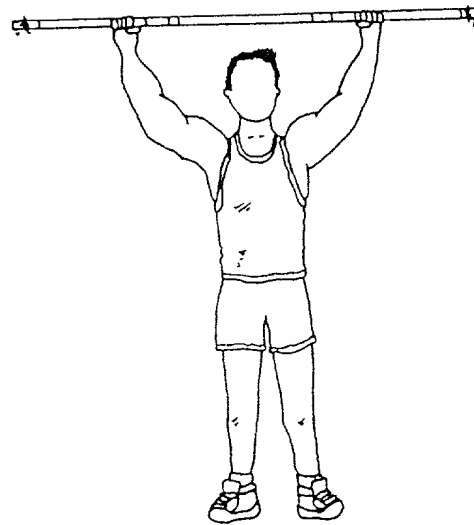


Fig. 17b

Fig. 19a

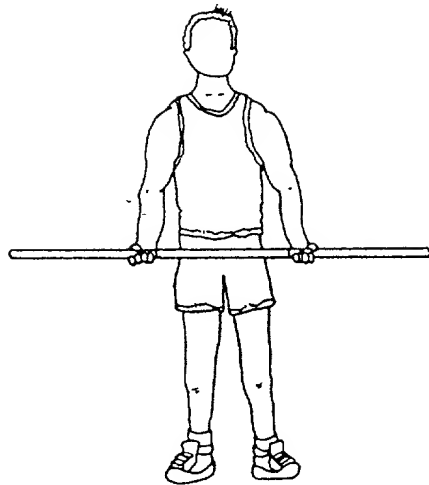


Fig. 18a

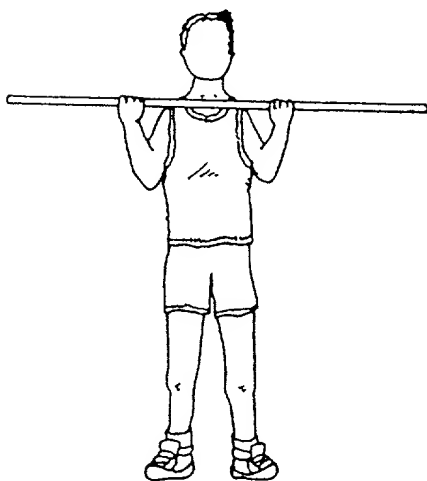
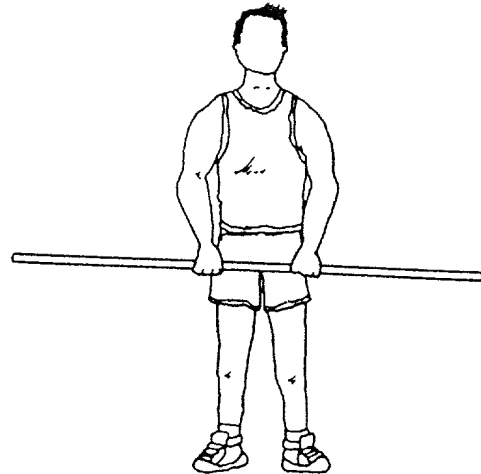


Fig. 19b

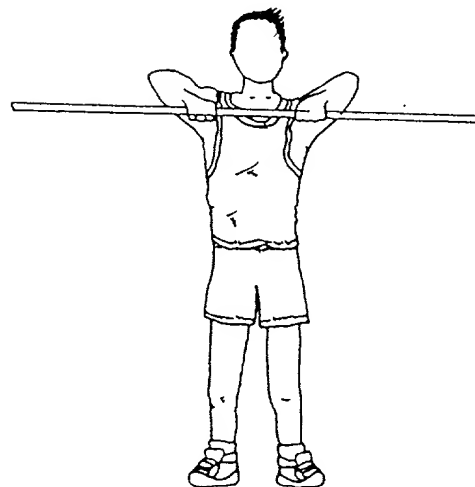


Fig. 18b



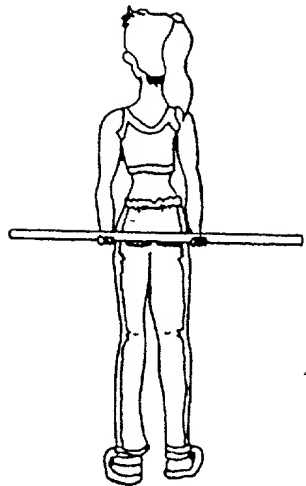


Fig. 20a

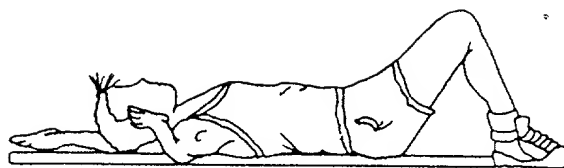


Fig. 21a

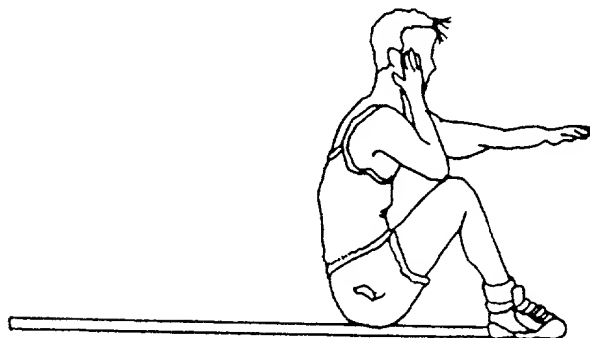


Fig 21b

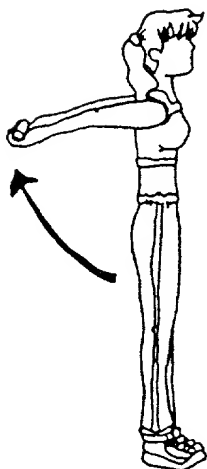


Fig. 20b

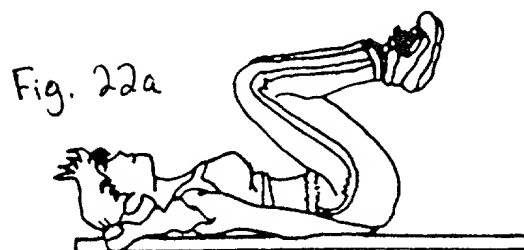


Fig. 22a

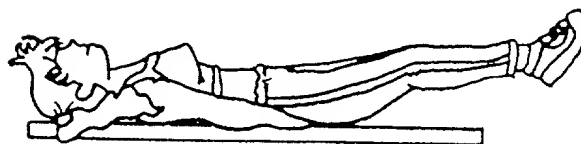


Fig. 22b

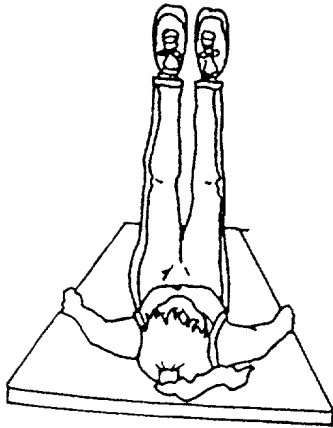


Fig. 23a

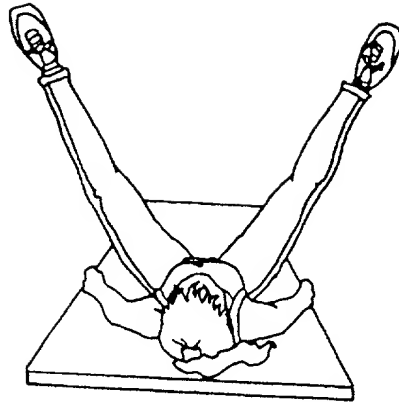


Fig. 23b

Fig. 25a

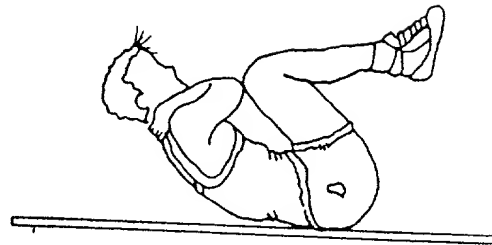
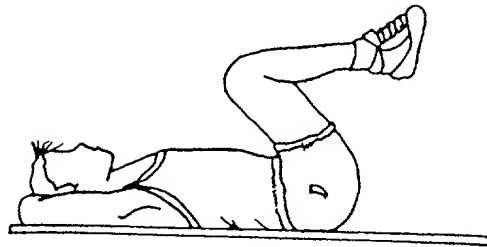


Fig 25b

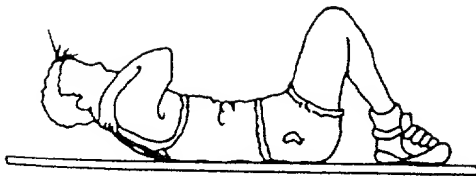


Fig. 26a

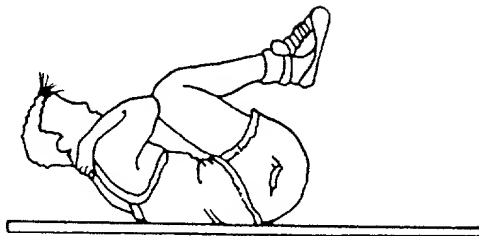


Fig. 26b

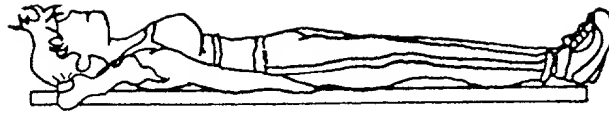


Fig. 24a

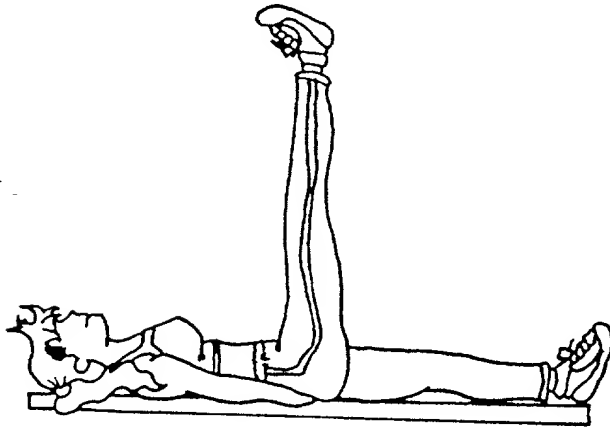


Fig. 24b

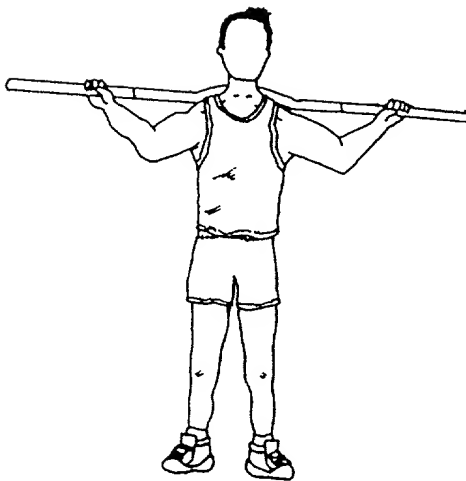


Fig. 27a

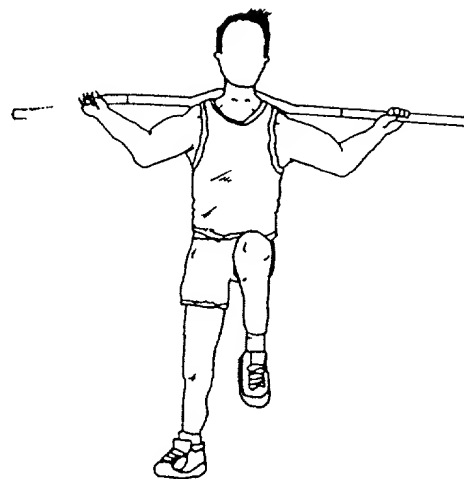


Fig. 27b

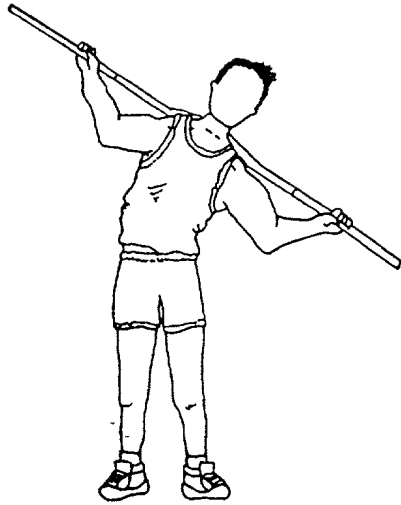


Fig. 28a

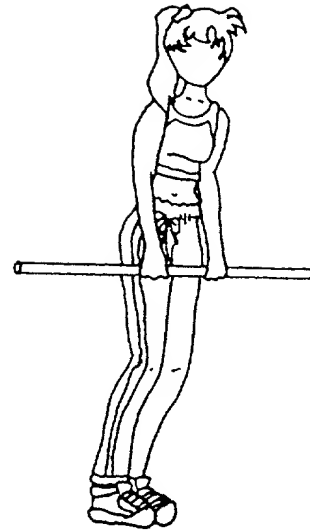


Fig. 29a

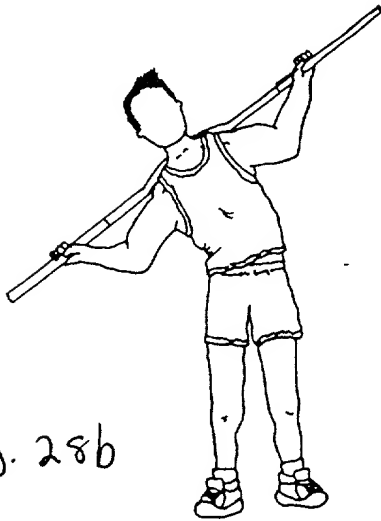


Fig. 28b

Fig. 29b

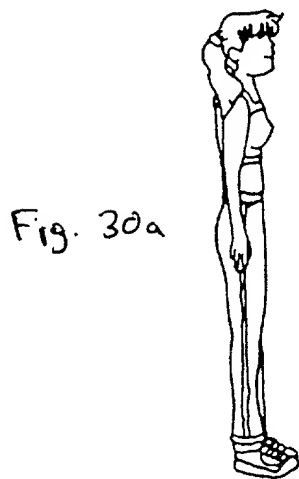
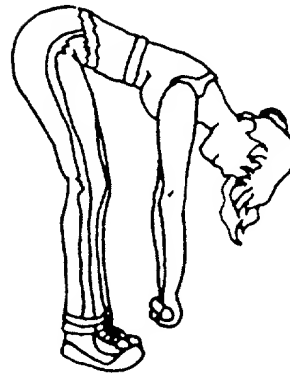


Fig. 30a

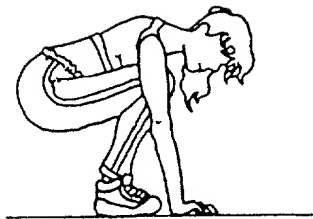


Fig. 30b

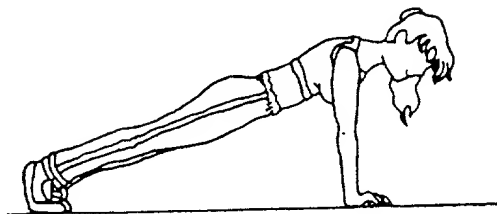


Fig. 30c